

Spiced Sweet Potato Casserole (FDD)

Makes: 10 Servings

This is great at any time and good for holiday meals. Evaporated milk is an ingredient. Tip! To use evaporated milk in place of fresh milk, mix 1/4 cup of evaporated milk with water.

Ingredients

- 1 can** evaporated milk (about 12 ounces)
- 4** sweet potatoes or 1 can low-sodium sweet potatoes (1 pound of potatoes or 15 ounces canned)
- 3** egg whites
- 1/2 cup** sugar
- 1 tablespoon** vanilla extract
- 1 teaspoon** cinnamon
 - nutmeg (1/2 teaspoon, if you like)
 - ground ginger (1/2 teaspoon, if you like)

Directions

1. Preheat oven to 400 degrees F. 2. Rinse sweet potatoes under cold running water and poke with a fork. 3. Cut sweet potatoes into pieces and place in boiling water. Cook 15 to 20 minutes and drain. 4. Remove skin from sweet potatoes and mash with hand beaters or a fork. Add the rest of the ingredients and mix until smooth. If using nutmeg and ginger, add that too. 5. Pour mixture into an 8x8-inch baking pan. Bake until casserole is firm in the center, about 40 minutes. 6. Remove from oven and allow to stand for 5 minutes. Cut into 10 squares. Serve hot.

Notes

Tip: If using canned sweet potatoes there is no need to heat them first.

Recipe adapted from SNAP-ED Connection Recipe Finder